

ABSTRACT OF THE DISCLOSURE

The fixing apparatus includes an induction heating device provided inside the fixing roller, configured to heat the fixing roller by induction heating, and the  
5 induction heating device further includes a core member and an excitation coil wound around the core member, and where the inner diameter of the heat roller is represented by  $D$ , the width of the portion of the core member, which opposes at least the heat roller is  
10 represented by  $B$ , the inductance of the excitation coil is  $L[\mu\text{H}]$  and the resistance of the heat roller is  $R[\Omega]$ ,  $B$  is set to be larger than  $L/R \times 0.3$  and less than  $D/3$ .